

# TEEN & ADULT PROGRAMS

## Rutgers S.A.F.E.T.Y. Class

The clinic is a three-hour program that meets the "Minimum Standards for Volunteer Coaches Safety Orientation and Training Skills Programs" and provides partial civil immunity protection to volunteer coaches under the "Little League Law". Those interested in taking the Safety Clinic class can call 848-932-7178.



## CLUB RAINBOW

This is a Monday night social & recreational program for developmentally challenged adults. They will enjoy arts & crafts, cooking, bowling & various outings. Call DPRCS for schedule. Transportation available by calling 732-247-0922 x. 830. Annual pass is available for \$85.00.

## YOGA

Daria Hartman leads this class with stretching, strengthening, and toning postures. You will also be taught how to release stress and tension learning how to breath deeply and quiet your mind. Equipment will be provided, but you may use your own. Make sure to wear comfortable clothing and bring bottled water. Intermediate and Advanced level students welcome.

Ages: 18 and up  
Tuesdays @ Senior Center  
7:30-9:00pm  
\$105.00/ session

Spring:	03/15-05/24	Code: 40202-01
Summer I:	05/31-08/16	Code: 10202-01
Summer II:	08/23-10/25	Code: 10202-02
Fall:	11/01-12/27	Code: 20202-01

## YOUNG ADULT DRAMA

This talented group is in it 's 41st year. Rehearsals will begin in June and show will be in August. Call 732-247-0922 x 475 with questions or to have your name added to the mailing list for audition information.

## TENNIS

Learn racquet handling, ball control, rules, etiquette, and more. Bring your own racquet and unopened canister of tennis balls.

Ages: 18 & up  
Sundays, 12:00-1:00pm  
4/3-5/18  
@ Renaissance Park Tennis Courts  
Residents: \$80.00  
Non-Residents \$90.00  
Code: 40105-04

North Brunswick Parks, Recreation, and Community Services  
(732) 247-0922 ext. 475  
(732) 247-0979 (fax)  
Www.northbrunswicknj.gov



## Gardening Club

Location: Municipal building DPRCS Conference Room  
Times & Dates: TBA

All Ages Welcome!  
If interested please call the DPRCS Office at  
(732)247-0922 ext 475

